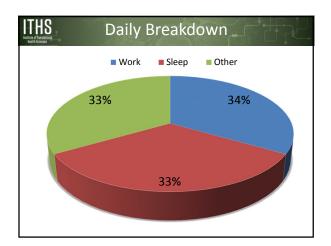




Professional Development Planning for Research Coordinators Shelley Prosise, Administrator ABC SOM Shared Service sprosise@uw.edu ITHS Institute of Translational Health Sciences Accelerating Research. Improving Health.







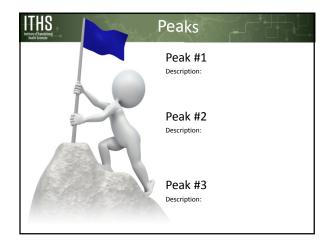
ITHS Career Development Tips!

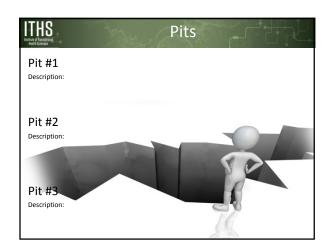
- Be curious: READ industry materials and take every opportunity to learn
- Never miss an opportunity to learn from your mistakes
- Know yourself, leverage your strengths and improve your weaknesses
- Collect your kudos
- Maintain a list of accomplishments
- Surround yourself with brilliant people
- Volunteer for exciting projects
- Stay on the leading edge of technology
- Exceed expectations
- Don't burn bridges
- Don't burn out
- The grass isn't always greener the devil you know vs. the devil you don't
- Don't under value yourself
- Be your own best advocate create your personal PR campaign
- Push it! Step outside your comfort zone.

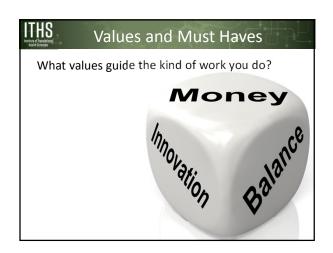




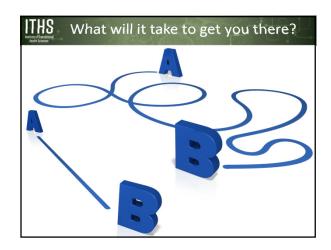
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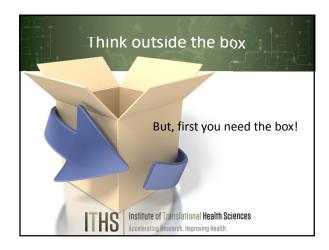
















"Finished Last"
will always be better than
"Did not Finish"
which always trumps
"Did not Start".
-Unknown
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